



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fry Group Exercise Class Schedule

EFFECTIVE AUGUST 21 - AUGUST 27

MONDAY				
Time	Class / Format	Loc	Inst	
5:15-6:15a	Indoor Cycle	CY CYCLE	rotating	
7:00-8:00a	Yo-lates	MB ST1	Debbie	
7:00-7:45p	Deep Water Express	C POOL	Kim G	
8:05-9:05a	Fit Fusion	CS ST2	Kim	
8:00-8:55a	Deep Water Exercise	C POOL	Kim G	
9:15-10:15a	Indoor Cycle	CY CYCLE	Debbie	
9:15-10:15a	Full Body Conditioning	C ST2	Victoria	
9:15-10:15a	BODYPUMP™ #	ST ST1	Sherry	
10:20-11:20a	Mat Pilates	MB ST2	Debbie	
10:30-11:15a	Zumba Gold®	C ST1	Mary	
11:45a-12:30p	SilverSneakers® #	AOA ST2	Jessica	pick up number at Front Desk to reserve spot
11:45a-12:30p	Senior Strength (AOA)	AOA ST1	Sherry	
6:30-7:25p	Zumba®	C ST2	Victoria	
7:30-8:30p	BODYJAM™	C ST2	Kelly	

TUESDAY				
Time	Class / Format	Loc	Inst	
5:15-6:15a	Strength Foundations	ST ST1	Debbie	
7:00-7:55a	Shallow Water Ex	C POOL	Gail	
8:05-9:05a	Vinyasa Flow Yoga	MB ST1	Meenakshi	
9:00-10:00a	Running Club	LOBBY	Caroline	
9:15-10:15a	Zumba®	C ST2	Victoria	
10:20-11:20a	Yoga	MB ST2	Debbie	
12:15-1:00p	Silver Splash	C POOL	Kim G	
6:30-7:25p	Zumba®	C ST2	Kavitha	
6:30-7:30p	BODYPUMP™ #	ST ST1	Sherry	
7:30-8:30p	Y Fit Family Yoga	MB ST2	Meenakshi	

WEDNESDAY				
Time	Class / Format	Loc	Inst	
7:00-7:45a	Mat Pilates	MB ST1	Neelam	
8:00-8:55a	H2O Interval	C POOL	Sandy	
8:20-9:15a	Dance Fusion	C ST2	Nichelle	
9:15-10:15a	Extreme Strength #	ST ST1	Suzuka	
9:30-10:30a	Step Circuit	CS ST2	Lynne	
10:35-11:35a	Full Body Strength	ST ST2	Victoria	
11:45a-12:30p	SilverSneakers® #	AOA ST2	Amy	pick up number at Front Desk to reserve spot
6:00-7:00p	Power Hour	CS ST1	Jessica	
7:00-8:00p	BODYJAM™	C ST2	Maribel	
7:30-8:30p	Y Fit Family Yoga	MB ST1	Anu	

THURSDAY				
Time	Class / Format	Loc	Inst	
5:15-6:15a	BODYPUMP™	ST ST1	Jenny	
7:00-7:45a	Yoga Basics	MB ST1	Debbie	
8:00-8:55a	Shallow Water Ex	C POOL	Amy	
9:00-10:00a	Running Club	C LOBBY	Caroline	
9:15-10:00a	Core Strength	ST ST1	Sherry	
9:15-10:15a	BODYATTACK™	C ST2	Jenny	
10:20-11:20a	Yoga	MB ST2	Saba	
10:20-11:20a	Zumba®	C ST1	Deepti	
12:15-1:00p	Silver Splash	C POOL	Kim G	
6:00-6:55p	Step	C ST2	Lynne	
7:00-8:00p	Zumba®	C ST2	Tanjie	

FRIDAY				
Time	Class / Format	Loc	Inst	
5:15-5:45a	Indoor Cycle Express #	CY CYCLE	Jane	
5:45-6:15a	Yoga Express	MB ST2	Jane	
7:00-7:45a	Mat Pilates	MB ST1	Neelam	
8:00-8:55a	H2O Interval	C POOL	Sandy	
8:05-9:05a	Fit Fusion	CS ST2	Emily	
9:00-9:55a	Deep Water Exercise	C POOL	Kim G	
9:15-10:15a	Extreme Strength #	ST ST1	Suzuka	
9:15-10:15a	BODYJAM™	C ST2	Victoria	
10:20-11:20a	Power Hour	CS ST2	Kim	
11:45a-12:30p	SilverSneakers® #	AOA ST2	Sherry	pick up number at Front Desk to reserve spot

SATURDAY				
Time	Class / Format	Loc	Inst	
7:00-8:00a	BODYPUMP™ #	ST ST1	Sherry	
7:30-8:30a	Indoor Cycle #	CY CYCLE	Jane	
8:00-8:55a	Shallow Water Ex	C POOL	rotating	
8:00-9:00a	Multi-Step	C ST2	Paula	
8:30-9:30a*	Mat Pilates	MB ST1	Sampada	
9:15-10:15a*	BODYJAM™	C ST2	Lynn	

SUNDAY				
Time	Class / Format	Loc	Inst	
1:30-2:30p	BODYPUMP™ #	ST ST1	Maribel	

LEGEND
\$ = Premium class requires registration and additional payment.
= a number may be required. Please check at the membership desk
ST1 = Studio 1 - Northwest Corner ("The Small Studio")
ST2 = Studio 2 - Southeast Corner ("The Big Studio")
C = Cardio Classes
ST = Strength and Toning Classes
MB = Mind/Body Classes
CS = Cardio/Strength Combination Classes
CY = Cycling Classes
🏠 = Family Friendly Classes

* Instructors subject to change without notice.
* Classes with low attendance may be subject to cancellation
* See back for class descriptions

for up to date class list, go to www.fryymca.org/programs/fitness



AGE RESTRICTIONS
Children ages 8-12 are welcome to attend "Family Friendly" classes with a parent or guardian.
Parent or guardian must be prepared to assist child when necessary and child must be able to follow the instructor.
Must be 16 or older to participate in any strength, cycle class, or fit fusion class. 13 and older may participate in all other classes..
Children under the age of 8 are never allowed in the studio when class is in session.

CLASS DESCRIPTIONS/FORMATS

C=Cardio Classes

BODYJAM™	BodyJam™: The cardio workout where you are free to enjoy the sensation of dance. An addictive fusion of the latest dance styles and hottest new sounds puts the emphasis as much on having fun as on breaking a sweat. This class is suitable for all fitness levels and no experience is necessary.
Indoor Cycle	Instructors will lead you through an exhilarating ride designed to improve overall fitness while increasing performance with focus on endurance, strength, interval and all-terrain training. Express classes are a 30 minute version of our regular cycle class. This class is suitable for all fitness levels and no experience is necessary.
Step	Step up your cardio endurance while following along to high energy choreographed moves set to great music. This class is suitable for all fitness levels and no experience is necessary.
Multi-Step	Join the fun with this cardio step class using multiple benches for each participant. Recommended for advanced steppers.
Zumba®	Be prepared to move to hypnotic Latin and international rhythms. You'll enjoy this awe-inspiring, muscle-pumping, caloric-burning blast as you lose yourself and find yourself in shape. This class is suitable for all fitness levels and no experience is necessary. Gold level for beginners and seniors.
Dance Fusion	Dance your way through a great cardio workout enjoying different styles of dance. Recommended for all fitness levels.
Cardio Kickbox	This high energy class utilizes practical self-defense techniques combined with high and low impact moves to improve cardiovascular endurance. Jab, kick and jump your way through a great workout while burning away calories and stress! This class is suitable for all fitness levels and no experience is necessary.
BODYATTACK™	The sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises. Dynamic instructors and powerful music motivate everyone towards their fitness goals - from the weekend athlete to the hard-core competitor!

CS=Cardio/Strength Combination Classes

Power Hour	Challenge your entire body with a full range of resistance and cardio exercises using a variety of equipment.
Step Circuit	Step out of the box with this interval routine incorporating step and muscle conditioning designed to increase your overall strength and endurance. This class is suitable for all fitness levels and no experience is necessary.
Full Body Conditioning	Get it all when you join us for this spectacular blend of cardio and strength training. Class will consist of a full body muscle workout along with cardio intervals and finish with core work and stretching.
Fit Fusion	Combine high intensity cardio intervals with some low intensity metabolism building strength exercises followed by some ab work and stretching and you get a total workout that leaves you feeling energized and accomplished!

ST=Strength and Toning Classes

BODYPUMP™	BODYPUMP®, the original barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP® formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. This is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift & curl.
Extreme Strength	Master the next level in strength training. Challenge your muscles with proven exercise science techniques and create the body of your dreams. Utilizing "Dynamic Set Training" and muscle confusion principles classes advance to ensure your muscles never adapt and you continue to make strides in strength. This class is for the intermediate to advanced participant.
Strength Foundations	Master the basics "strength training 101". Get stronger while mastering foundational strength training principles and technique. You'll be working your way to a stronger, leaner, more confident you while learning proper form and safety. This class is suitable for all fitness levels and no experience is necessary.
Core Strength	The Core is your foundation and the point at which all movement begins. Sculpt and strengthen your midsection through a series of focused movement techniques as you improve your body's overall functional strength, balance and coordination. The express class is a 30 minute version of the regular Core strength class. Suitable for all fitness levels.
Full Body Strength	Challenge your muscles using hand-held weights and bands in this total-body muscle conditioning class. This simple, easy-to-follow strength workout challenges every major muscle using a variety of equipment. Increase your lean body mass while reducing your body fat in this full body workout. Suitable for all fitness levels and no experience is necessary.

MB=Mind/Body Classes

Yoga Basics	Yoga is a great compliment to any fitness routine as it promotes relaxation, increases strength and improves flexibility. Yoga basics is a great place to start or take if you are recovering from an injury. Use of a chair as an assist is available in the basics class. However, any level can participate in yoga or yoga basics. Express is a 30 minute version.
Vinyasa Flow Yoga	Link your breath with movement in this flow yoga class that will build strength, increase flexibility and promote well-being. Basic yoga knowledge is recommended.
Yoga Strength	Total body workout designed to tone and sculpt every major muscle group. Dumbbells, body bars and free weights serve as your own personal adjuster as you move through sun salutations and other yoga postures, enabling extra length and depth in each pose. This intense, but easy to follow program compliments your regular yoga practice while pushing your strength and flexibility to new heights. This class is suitable for all fitness levels and no experience is necessary.
Mat Pilates	Strengthening your powerhouse will improve core strength, stability, posture, balance and flexibility. Format combines the precise movements of Pilates with traditional fitness elements commonly used for prevention and treatment of back pain. This class is suitable for all fitness levels and no experience is necessary.
Yo-lates	Fusion of Yoga & Pilates, delivering the ultimate results of integrative fitness. This combo class builds strength and endurance as well as improves balance and flexibility. This class is suitable for all fitness levels and no experience is necessary.

Water Exercise

Shallow Water	This is a low impact, medium intensity water fitness class. All the benefits of a group fitness class w/o the impact on your joints. All Fitness Levels. No swimming skills are necessary.
Deep Water	This class is a great class for anyone who is comfortable in deep water and needs a "no impact" class. Work aerobically while toning core muscles as you stabilize your body position in water.
H2O Interval	A high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardiovascular workout that tones and tapers the entire body.
Silver Splash	Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required.

SPECIAL PROGRAMS

\$ Deep Water Cadence Running	Pain free running, not fighting unpredictable weather patterns, and a fantastic workout... Join us for Deep Water Cadence Running! You don't have to be a runner, swimmer, or athlete to participate, just have comfort in deep water! We provide flotation belts, tethers, music, and an awesome instructor to get you running! Available classes may vary by session.
\$ TaiChi	Reduce stress and anxiety and increase flexibility and balance through this graceful form of exercise that involves a series of movements performed in a slow focused manner and accompanied by deep breathing. Cost varies - please check at Members Services for availability and pricing.
Running Club	Whatever your goals may be, running club can help you achieve your running and fitness goals. Running clubs provide a great social network in an atmosphere that is supportive of your
SilverSneakers® Classic	Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand Held weights, elastic tubing and a ball are used. A chair is available if needed for seated or standing support. Suitable for all fitness levels and no experience is necessary.
Senior Strength AOA	Getting started and getting more out of your day-to-day activities is the focus for this class which is a step up from our Silver Sneakers Classes. This class is designed to increase your heartrate in order to improve your cardiovascular health and work with weights and tubing to increase lean muscle for overall strength and health.
Y Fit Family Yoga	Share the many benefits of yoga with the whole family! This is a Yoga Basics class with a fun, family format that focuses on promoting relaxation and improved flexibility that each member of the family is sure to enjoy.

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* Children under the age of 8 years old are never permitted in the studio during class. No exceptions.